



# 5 MINCED & MOIST



For safety, **AVOID** these food textures that pose a choking risk for adults who need Level 5 Minced & Moist Food

Food characteristic to AVOID	Examples of foods to AVOID
<b>Mixed thin + thick textures</b>	Soup with pieces of food, cereal with milk
<b>Hard or dry food</b>	Nuts, raw vegetables (e.g. carrot, cauliflower, broccoli), dry cakes, bread, dry cereal
<b>Tough or fibrous foods</b>	Steak, pineapple
<b>Chewy</b>	Lollies/candies/sweets, cheese chunks, marshmallows, chewing gum, sticky mashed potato, dried fruits, sticky foods
<b>Crispy</b>	Crackling; crisp bacon, cornflakes
<b>Crunchy food</b>	Raw carrot, raw apple, popcorn
<b>Sharp or spiky</b>	Corn chips and crisps
<b>Crumbly bits</b>	Dry cake crumble, dry biscuits
<b>Pips, seeds</b>	Apple seeds, pumpkin seeds, white of orange
<b>Food with skins or outer shell</b>	Peas, grapes, chicken skin, salmon skin, sausage skin
<b>Foods with husks</b>	Corn, shredded wheat, bran
<b>Bone or gristle</b>	Chicken bones, fish bones, other bones, meat with gristle
<b>Round, long shaped food</b>	Sausage, grape
<b>Sticky or gummy food</b>	Nut butter, overcooked oatmeal/porridge, edible gelatin, konjac containing jelly, sticky rice cakes
<b>Stringy food</b>	Beans, rhubarb
<b>Floppy foods</b>	Lettuce, cucumber, uncooked baby spinach leaves
<b>Crust formed during cooking or heating</b>	Crust or skin that forms on food during cooking or after heating, for example cheese topping, mashed potato
<b>'Floppy' food</b>	Lettuce, cucumber, baby spinach leaves
<b>'Juicy' food</b>	Where juice separates from the food piece in the mouth, for example watermelon
<b>Large or hard lumps of food</b>	Casserole pieces larger than 4mmx4mmx15mm; fruit, vegetable, meat or other food pieces larger than 4mmx4mmx15mm
<b>Extra Clinician notes</b>	

Intended for general information only. Please consult with your health care professional for specific advice for your needs